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## HE'S ON THE JOB

PAUL MAURICE SEES POTENTIAL, CHALLENGES AHEAD FOR THE JETS AS HE LEADS HIS NEW TEAM TO A 5-1 VICTORY OVER THE PHOENIX COYOTES

PAGE 18

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Colin Craig, prairie director of the Canadian Taxpayers Federation, left, and Winnipeg Labour Council president Dave Sauer are teaming up to ask Winnipeggers to call their councillors to demand an independent audit into cost overruns at the new downtown Winnipeg police headquarters. SHANE GIBSON/METRO

# Call for police HQ audit blurs left, right lines

**Strange bedfellows.** Canadian Taxpayers Federation, Winnipeg Labour Council partner to demand answers

conference outside the new headquarters, calling on Winnipeggers to demand an audit into why the project is \$75 million over budget.

by another pair of odd bedfellows — Couns. Paula Havixbeck and Jenny Gerbas — was defeated 7-9. "If we can convince two mem-

### Quoted

**"It's probably the worst example of cost overruns in the City of Winnipeg's history."**

Colin Craig, prairie director of the Canadian Taxpayers Federation



SHANE GIBSON  
shane.gibson@metronews.ca

A pair of unlikely bedfellows is teaming up to pressure city councillors to reconsider a decision not to call for an audit into cost overruns at the new police headquarters in downtown Winnipeg.

On Monday, Colin Craig of the right-leaning Canadian Taxpayers Federation and normally left-of-centre Winnipeg Labour Council president Dave Sauer held a joint news

"We don't see this as a left-or a right-wing issue, we see this as an issue about good governance down at city council," said Sauer. "I wouldn't say this will be a long-lasting partnership, but we are willing to make some headway here to get to the bottom of this issue."

In November, a motion calling for an independent audit, brought forward

bers of council to do the right thing and call for an audit, we can learn from mistakes like this," said Craig. "We believe we need an outside set of eyes to do two things: one is to get to the bottom of exactly what happened, and two is to provide recommendations to make sure that city hall learns from this mistake."

WITH FILES FROM BERNICE PONTANILLA

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## Family friend. Local boy kidnapped for ransom

A Winnipeg teen is unharmed after he was allegedly kidnapped for ransom by a family friend.

Winnipeg police said a man, known to a local family, convinced the family's 14-year-old boy that he was a police officer and that the teen was being investigated for an assault.

The man allegedly took the teen to a downtown hotel, took his phone away and convinced him to stay in the room to avoid going to jail. He also produced a replica pellet handgun to fur-

ther convince the teen to stay, said police.

The man then returned to the family, but not before leaving an anonymous note for the family explaining their son had been kidnapped and demanding money.

Officers found the teen and arrested a suspect.

Harpreet Singh Kanda, 19, faces charges of impersonating a police officer, extortion, kidnapping using a firearm, possession of a weapon and carrying a concealed weapon. **METRO**

## Insurance scheme? Deal reached in fatal arson case

A Winnipeg woman is no longer facing charges of manslaughter, conspiracy and arson in a fire that killed a New Brunswick man.

Suzanne Eckstein, 47, has pleaded guilty to the lesser charge of possession of an explosive substance — gasoline. She was charged in a June 2008 Winnipeg house fire that killed 19-year-old Kenneth Dunn, who was visiting from New Brunswick. Eckstein was accused of being part of a plan, along with Dunn, to burn down the house

for insurance money.

Her lawyer, Martin Glazer, says Eckstein was never part of a plan and was not even at the house when the fire was set.

Glazer says he and the Crown have agreed they will recommend 12 months of house arrest at Eckstein's sentencing hearing next month.

"She did not have anything to do with the fire, or with setting the fire, or with causing the death of Kenneth Dunn," Glazer said Monday.

**THE CANADIAN PRESS**

### Winnipeg

## Pedophile rearrested

A convicted pedophile is back behind bars just days after his release from prison.

Winnipeg police warned the public about Ryan James Gabourie's release last Thursday and on Sunday officers arrested the 32-year-old in the 200 block of Graham Avenue for allegedly breaching the terms of his release. The release-arrest cycle is not new for Gabourie, who was arrested in late 2012 after he was spotted using a computer with Internet access at a library the day after his release. Gabourie's criminal record includes five counts of sexual assault; five counts of break and enter and committing sexual assault, possession of child pornography and other criminal offences. **METRO**

### Health minister

## Onus not on cabbies to see patients home: Selby

Manitoba's health minister says it's not up to cab drivers to make sure discharged patients get through their front doors safely. But Erin Selby says drivers should keep a watchful eye as a common courtesy. Selby said last week it would be mandatory for drivers to ensure patients made it into their homes after two men died on their doorsteps recently after being discharged from a Winnipeg hospital. Selby says the onus is always on medical professionals to make sure patients are ready to be sent home. **THE CANADIAN PRESS**

# Times Change(d) to hold Neilfest encore

**After the show rush.** Profits go to Athabasca Chipewyan First Nation legal defence fund

Winnipeggers worried they won't get enough Neil Young at his Honour the Treaties concert this week are in luck — Times Change(d) High and Lonesome Club is reprising its popular annual Neilfest for one night only following the big show.

And bar owner John Scoles is saving a seat for the famous former Winnipegger, who is known to drop by local joints sometimes after performances.

"If we're at capacity, according to the liquor commission, we wouldn't be able to let him in," laughed Scoles at the bar Monday afternoon. "It would be incredible if he would come

down, but the fact is we're just happy to celebrate along with him."

Young and special guest Diana Krall will play the Centennial Concert Hall Thursday as part of his four-city tour, which sees money raised going to help fund the Athabasca Chipewyan First Nation's legal fight against oilsands expansion in Northern Alberta.

Held every November, Neilfest has seen fans pack Times Change(d) for the last 10 years to watch local performers cover full Young albums to mark the 68-year-old rocker's birthday.

Tickets to the special reprised edition of Neilfest are \$10 and the show will get underway after the concert lets out. The night's profits will go to the Athabasca Chipewyan First Nation legal fund.

**SHANE GIBSON/METRO WITH FILES FROM TORSTAR NEWS SERVICE**



Times Change(d) High and Lonesome Club owner John Scoles is saving a seat for Neil Young in case he drops by a special edition of the bar's annual Neilfest after Young's Honour the Treaties concert in Winnipeg Thursday. **SHANE GIBSON/METRO**

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Health care

## Costs should be made available to patients, says hospital CEO

Watching *Breaking Bad* — the hit TV show about a teacher who turned to cooking meth to help pay for his cancer treatments — got David Musyj thinking about how little Canadians know about the cost of their health care.

Musyj, CEO of Windsor Regional Hospital, thinks patients would appreciate health care more if they knew exactly how much it cost.

"How can we have an educated debate regarding health care, which is consuming 40-plus per cent of our provincial budget — approximately \$50 billion a year — when we have no clue on how much individuals are consuming or what is the cost of health care on an individual basis," Musyj asked in an interview.

Instead of mailing invoice-like statements to patients, the government could set up a website so people could see how much their health care costs the province, added Musyj.

THE CANADIAN PRESS

Controversy

## Quebec's new cardinal says values charter is 'dividing people'

Canada's freshly appointed cardinal says Quebec is making people increasingly afraid of each other with its controversial values charter.

Quebec Archbishop Gerald Cyprien Lacroix, among a new batch of cardinals selected Sunday by Pope Francis, spoke out Monday against the proposed Parti Québécois legislation.

The PQ government's plan would ban public-sector employees from wearing religious symbols.

"We're dividing people," he told a Quebec City news conference when asked about the charter, a document tabled last fall by the minority PQ government.

"People are every day more afraid of each other. Instead of bringing us together and bringing our cultures together and sharing the richness of who we are, we're starting to build walls and be afraid of each other." THE CANADIAN PRESS

# Online petition urges Canada Post to keep door-to-door delivery

**More than 120,000 signatures.** Effort aims to draw attention to effects change may have on those with limited mobility

An online petition urging Canada Post to reconsider its decision to end door-to-door delivery in urban centres has garnered more than 120,000 signatures.

The petition was started by Susan Dixon, a mother from Cambridge, Ont., on Dec. 15.

"My youngest has cerebral palsy and uses a walker or wheelchair to get around," Dixon says in the petition. "For me, Canada Post's decision would mean having to bundle them up and struggle through the snow with a wheelchair just to



Canada Post trucks are parked in a lot in Mississauga, Ont.

FRANK GUNN/THE CANADIAN PRESS

get our mail."

Canada Post announced some dramatic changes to its operations last month, including plans to phase out the age-old tradition of home delivery in urban areas. The company said that without postal carriers travelling by foot, it would save a significant amount of money.

"My hope is that they change their minds and really

consider what they are going to be doing to people with disabilities," said Dixon.

The petition — posted on the website change.org — draws attention to anyone in Canada who has limited mobility, and the possibly dangerous effects this change could have on their lives.

With the help of organizers at change.org, Dixon said she will soon be bringing the petition to several executives at Canada Post, including chief executive Deepak Chopra, and to the Minister of Transportation Lisa Raitt.

"When we hear about Susan and her issues, we hear those loud and clear and we know we need to be sensitive and understanding in our approach to changes," said Jon Hamilton, a spokesman for Canada Post.

"But the status quo is not going to change."

THE CANADIAN PRESS



## Man killed in Ontario shopping-mall collapse

Construction workers look on after a partial collapse at a shopping mall construction site left a man dead in Mississauga, west of Toronto, Monday. Police say the man died after being trapped in the collapse. Emergency crews rushed to the Sheridan Centre at about 11:30 a.m. and found the worker trapped. A rescue effort ensued, but he was later declared dead at the scene. The cause of the collapse has not yet been determined. MARK BLINCH/THE CANADIAN PRESS

## TRANSIT TUESDAY

Weekly Transit News Update



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### SANTA BUS COLLECTS OVER \$13,000 FOR CHEERBOARD

Winnipeggers proved their mazing generosity again this year by contributing \$13,392 to Winnipeg Transit's Santa Bus, with all proceeds going directly to the Christmas Cheerboard. The Santa Bus was on the road December 1-24 and featured larger than life images of Santa and his reindeer on the exterior of bus 829. Since its inception in 1985, The Santa Bus has collected over \$347,000.

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# Time to get rid of old, unsafe tank cars carrying oil

**'Something has to be done.'** International trade critic wonders what the government is waiting for

The railway industry wants to "aggressively phase out" older model tank cars that have been implicated in several recent accidents, the head of CN Rail's safety division told an industry forum Monday.

But the consensus at the day-long workshop was that there's no quick fix for a decades-old problem that has almost 80,000 sub-standard DOT-111 tank cars carrying flammable liquids on North American tracks.

And whatever the solution, the cost eventually will be borne by consumers.

Sam Berrada, director general of safety and occupational health services for CN, told an overflow crowd of industry types, regulators, lobbyists and local first responders that rail-ways will continue to push for safer, stronger tank cars.

A derailment and fire involving a CN train in northwestern New Brunswick last week has renewed calls for greater safety in the booming oil-by-rail trade, which became an international cause following last summer's deadly derailment and fire in Lac-Mégantic, Que.

"Something has to be done because of what we've seen in the past six months and what can potentially occur as the amount of oil (being shipped) continues to increase. It's just too dangerous," said Marc Garneau, the Liberal international trade critic. **THE CANADIAN PRESS**

## Safety alert

### Derailments

Federal investigators have determined that 400,000 gallons of oil were lost last month when a train derailed and caught fire in North Dakota, according to a report released Monday. The derailment on Dec. 30 has highlighted concerns about shipping crude by rail. It also led to a safety alert from the U.S. Department of Transportation warning about the potential high volatility of crude from the Bakken oil patch in eastern Montana and western North Dakota.

**THE ASSOCIATED PRESS**



## Mourning for Ariel Sharon

A man mourns next to the flower-covered grave of late Israeli prime minister Ariel Sharon in southern Israel on Monday. Israel said its last farewell to Sharon with a state ceremony outside the parliament building before his flag-draped coffin was taken on a cross-country procession to its final resting place at his family home in the country's south. **ARIEL SCHALIT/THE ASSOCIATED PRESS**

## Chess game gone awry. Man killed in dispute

An Italian man allegedly cut open his Dublin landlord's chest and tried to eat his heart following a fight over a chess match.

Saverio Bellante, 34, was charged Monday with murder. Police say he admitted his guilt after being arrested Sunday at the home he shared with Tom O'Gorman, a policy researcher for a conservative Catholic think-tank in Ireland.

Pathologists said the 39-year-old victim suffered dozens of severe knife wounds to his head and chest, which had been cut fully open. Ireland's senior pathologist determined that the heart remained, but a lung was missing.

Police offered no explanation for what happened to the lung. Evidence suggested that O'Gorman's prone head and body also were bludgeoned with a dumbbell.

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## Death of the change purse? Royal Canadian Mint tests digital currency MintChip

The Royal Canadian Mint's ambition to launch a secure system to send and spend digital currency, nicknamed MintChip, has passed a new milestone.

While still in research and development mode, MintChip's first proof-of-concept implementation — an integration with a retail point-of-sale terminal made by Ingenico — is being displayed this week at the National Retail Federation's annual convention in New York.



First launched in 2012, just days after it was announced the penny's days were numbered, MintChip was introduced as a potential way for consumers to digitally exchange money in small denominations, in transactions of about \$10 or less.

It could be used in place of cash to buy a coffee or fast food, and online it was envisioned to enable easy transactions for things like buying music, news articles, or add-ons for video games.

THE CANADIAN PRESS

# McD's CEO saw success at bottom of coffee cup

**Do you want a cup of joe with that?** Head of McDonald's Canada gave flagging business a jolt by brewing up premium roast java

It all started with a simple cup of coffee.

John Betts, president and CEO of McDonald's Canada, was general manager for McDonald's in the Michigan region when a couple of competitors announced they would be moving into the area in a big way.

Betts, 61, doesn't say Tim Hortons was one of them. But Tim Hortons was one of them.

Betts took his restaurant operators up to Canada to have a look around and paid attention to the fact that coffee shops were sprouting up on every street corner. And



John Betts, president and CEO of McDonald's Restaurants of Canada, serves a McCafé coffee at the busy restaurant location in the Toronto Eaton Centre. TORSTAR NEWS SERVICE FILE

they tasted the coffee. And went back to Michigan to improve their coffee.

It was a small innovation, but one that would change the flagging fortunes of the fast-food franchise that was built on burgers and fries.

In 2007, Consumer Reports declared McDonald's coffee the winner of a taste test against Starbucks, Burger

King and Dunkin' Donuts.

When in 2008 he was named president of McDonald's Restaurants of Canada, Betts faced a challenging landscape.

The McDonald's Canada premium roast coffee was developed specifically for Canadian palates and Betts decided to go big with a free national giveaway in April

2009. The company has run two events per year since then, tripling its brewed coffee business, including McCafé specialty beverages, over 2009.

"We've created a bond with Canadians that we didn't have five or six years ago and it all started with the coffee," Betts says.

TORSTAR NEWS SERVICE

### Market Minute



**DOLLAR**  
92.20¢  
(+0.47¢)



**TSX**  
13,681.48 (-66.04)



**OIL**  
\$91.80 US (-\$0.92)



**GOLD**  
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**Natural gas:** \$4.30 US (-\$0.01)  
**Dow Jones:** 16,257.94 (-179.11)

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# PUSH PRESENT: EVEN THE NAME IS GROSS

There's a lot to expect when you're expecting, but an increasing number of women are hoping for more than just a newborn baby at the end of their nine-month pregnancy.

One of the latest trends in culturally mandated gift-giving is the "push present," an expensive token of appreciation bestowed upon a woman by her partner after she literally "pushes out" their offspring. As with most over-the-top consumption-driven traditions, we probably have celebrities to blame for this one.

Kanye West reportedly gifted Kim Kardashian with a \$770,000 black and tiger-stripe diamond ring following the birth of their daughter North last year.

And during an appearance on Ellen last week, singer Tamar Braxton flaunted her push present, a recently acquired diamond ring from her record executive husband, Vincent Herbert. You'd think it would be ludicrous for us regular humans to take life lessons from the rich and frivolous, and yet the push present trend is growing in popularity among the mainstream



**SHE SAYS**

**Jessica Napier**

metronews.ca

masses in North America and beyond.

A poll conducted by a U.K. parenting website found that over a quarter of its 1,200 online community members were expecting, or had already received, a push present from their significant other. Jewelry, tablet computers, handbags and designer watches were some of the most popular gifts first-time mothers received as tokens of appreciation from their husbands and boyfriends following childbirth.

Personally, I have a problem with the high expectations and implicit materialism attached to these post-baby baubles. It's not that I'm against showering your significant other with gifts every once in a while, but there's nothing special or heartfelt about a mother-to-be pressuring her

partner to buy a pricey item off her delivery-room wishlist. Carrying a child for nine months and then lamaze-breathing your way through hours of labour is an incredibly challenging accomplishment that certainly deserves some sort of acknowledgment.

**Isn't the miracle of life gift enough?**

**Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance.**

But the only reward you should really be anticipating at the end of the painful delivery process is a happy and healthy baby, not a sparkling tennis bracelet or a new pair of shoes.

Despite their shiny appeal, lavish push presents are an entirely unnecessary extravagance. Most non-celebrity couples would be better off saving their money for their child's education rather than investing big bucks on an obligatory gift. I have to hope that if and when I have a baby, the only thing I'll need from my partner is his continued support and a solemn promise to share diaper-changing duties equally.

There are approximately one trillion things new parents need to worry about (and spend money on) prior to the birth of a child, and a push present certainly isn't one of them.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

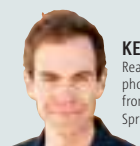
# Why hello there, Miss Bear



KEVIN DIETRICH/SOLENT NEWS

**Metro Q&A with photographer**

## 'Not a man in a bearsuit'



**KEVIN DIETRICH**  
Realty broker/amateur  
photographer, 33,  
from Steamboat  
Springs, Colo.

**Where did you take this amusing photograph?**  
In the Chugach National Forest in Alaska. My brother

and I spent 14 days there searching for grizzly bears in the wild. We found a mother and two cubs hunting for food. The mother caught about seven salmon and this little cub was very excited and animated as she waited for her to bring back food to the shore.

**Did you feel in any danger being close to a grizzly?**

Yes, we did feel apprehensive; the mother bear had noticed us from afar approaching to take a pho-

tograph. But we never got closer than 10 metres to the bears — we created a happy medium where the mother was comfortable with our presence. She and her cubs were relaxed enough to fall asleep in front of us after their filling meal.

**What has been the reaction to your picture?**

Someone thought it was a man in a bear suit! But seriously, people have found this seemingly human-like gesture the most appealing

aspect.

**What does this image represent? Is it more than a shot of a cute bear?**

In a way it sums up what Alaska is all about: a grizzly bear in the wild, the pristine glacial water, the vibrant colours.... But in another way it only represents part of that Alaskan experience; there are so many other sights that can encapsulate that natural wildness.

**INTERVIEW BY ANTHONY JOHNSTON/  
METRO WORLD NEWS**

## WE ACT: CANADA DOES GOOD

Q&A with a visionary, hero, expert hotdog griller



CONTRIBUTED

struggles, and he wanted to help.

He never forgot his dream. The result was a wilderness camp for families with special-needs children that officially opened July 2013. A dedicated volunteer, Dowler can be found helping where the camp needs him most, whether that's cooking hotdogs, manning booths or spreading smiles.

He believes everyone should have access to a space where they can take a break, enjoy nature and spend time together.

**What will this camp mean for the families who visit?**

It will give them a break from the pain and suffering they are going through. It's a release for the parents (especially) to get away and to get a break — an opportunity to go out fishing or see some wildlife, or some time to themselves.

**Where do you get your motivation to keep getting involved?** Just to see the smiles on the parents' faces and the smiles on the kids' faces. All of a sudden you see their pain and anguish just disappear. If that's what it's all about then I've done my job.

**CRAIG AND MARC KIELBURGER**

Each month, we learn about Canadians across the nation who are up to a whole lot of good. Here's one we'd like you to meet.

**Who:** Bonnar Dowler, visionary, quiet hero, and expert hotdog griller

**Where:** Summerland, B.C.

**What:** Founded Agur Lake Camp

**Why:** Dowler and his wife lost a child to heart problems almost 40 years ago. While in the Vancouver children's hospital, he saw other families dealing with their own

**WE WANT TO HEAR FROM YOU:**

Send us your comments: [winnipegletters@metronews.ca](mailto:winnipegletters@metronews.ca)

DVD review



You're Next

Director. Adam Wingard

Stars. Sharni Vinson

• • • • •

You don't need anybody to fingerprint you a picture in blood about what's about to happen at the rural mansion of the affluent Davison clan, when four dyspeptic siblings and their scrappy partners gather with mom and dad (Barbara Crampton and Rob Moran) for a 35th wedding anniversary party. It's what happens next that fulfills the title and gives Adam Wingard's film its bloody bolt of energy. A prologue reveals earlier carnage at the Davisons' neighbours down the road: a couple's post-shag ambush by home invaders leaves bodies slumping, bodily fluids and liquor spilled and the Dwight Twilley Band's Looking For The Magic spookily playing on the stereo (it becomes the film's unsettling theme song). This nifty little thriller-chiller satisfies expectations of Midnight Madness gore hounds (it was at TIFF 2011) — and then happily goes about exceeding expectations. Watch out for arrows, blades and lethal blenders.

PETER HOWELL

# It was all a dream ...

**Born Sinner.** J. Cole and his Notorious B.I.G. Juicy-inspired album is blowin' up — like he thought it would

EMILY LAURENCE  
Metro World News in New York

J. Cole doesn't need anyone to tell him that 2014 is his year. "Every year people tell me that it's 'my year,' but this time I know it's true," he tells us. "I feel like I can accomplish anything. It's a good feeling."

The rapper and producer has good reason for feeling confident. His album Born Sinner was named one of the best albums of 2013 by Rolling Stone. Released the same day as Kanye West's album Yeezus, Cole outsold West and surpassed him on the Billboard charts.

"Being able to say your album sold more than the Kanye West album is a crazy statement, and I'm a very big Kanye fan," Cole says. "It shows that if you give people the option to choose, they're going to choose Born Sinner. That's just the truth and it feels amazing."

Cole pairs his ability as a producer and lyricist on Born Sinner with collaborations with Kendrick Lamar, Miguel, Dirty Projectors' singer Amber Coffman, 50 Cent and TLC, who sing the hook on the album's single, Crooked Smile.

But despite all the big names, Cole says he never had a "wish list" of artists he was hoping to work with. "It happened in the flow of cre-

Quoted

"Being able to say your album sold more than the Kanye West album is a crazy statement."

J. Cole on Born Sinner surpassing Kanye West's Yeezus on the Billboard charts.

ating the music. Like with Crooked Smile, I thought, 'Oh man, I would love to hear TLC sing this right here. That would be crazy.' I thought it would be impossible, but it all worked out."

With Jay-Z standing behind him, Cole shouldn't have been surprised. Jay-Z has been mentoring Cole from the beginning of his career and their relationship has morphed from a business relationship to one of equals.

"Now, I have the confidence of knowing what I'm doing and I don't need approval. I love Jay-Z's guidance and I get it when I want it but I know how to survive in this game," Cole says.

But despite the brag-worthy connections and album sales, Cole says the heart of why he makes music is in the lyrics. "I want to change the way people look at themselves," he says simply. His attempts at this come across in songs like Crooked Smile, Losing My Balance and Lights Please, which Cole says were all crafted to be subtle, not preachy.

"I learned a long time ago to be somebody that people can relate to and then slip in the messages I want," he explains.

"I want to change the way people feel about themselves not just on a physical level, but the way black



J. Cole is doing well with this rappin' stuff. CONTRIBUTED

people look at themselves, or women look at themselves, or the concept of beauty — whatever it is."

When asked if there was anything that did that for him, Cole only credits his mom, who he says unwaveringly supported him in everything he wanted to do. "When I was a kid, I painted this Nike sign on a brown board with these watercol-

ours she got me. Looking back, it was terrible, but her reaction to it at the time was as if it was the greatest thing she'd ever seen and she was so proud of me. I don't think my mom realizes the effect her support had on me. She let me quietly believe I could move to New York and go to college, while at the same time pursuing my music dream."

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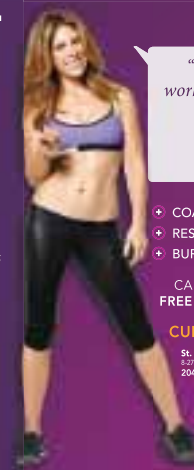
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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word

### Poehler's man-pal wages war against Bono post-smooch

MELINDA TAUB  
Metro World News

Yes. This is how it should be. All boys should be fighting for Amy Poehler's favour, all the time.

The Parks and Recreation star pulled double duty Sunday night at the Golden Globes as both co-host of the show and nominee for best actress in a TV series, comedy or musical.

Since she didn't have a seat in the audience, she sat on Bono's lap when her



nomination was announced.

And then she won! Though her speech was shaky, and she appeared to be in genuine shock, Poehler didn't lose her comedic chops in her moment of triumph — the second her win was announced, she leaned over and planted a big ol' kiss on Bono. Poehler's boyfriend Nick Kroll, comedian and star



of the Kroll Show, jokingly threatened to take his revenge for the make-out sesh, tweeting, "Hey Bono, watch your back."

Aww, they're sweet. Seriously though, Nick Kroll should have to fight off Brad Pitt and Michael Fassbender and every Hemsworth and '70s-era Harrison Ford over Amy Poehler all the time. She deserves nothing less.



Michael J. Fox ALL PHOTOS GETTY IMAGES

## Fun-fact faux-pas: E! airs cringe-worthy Parkinson's comment

Fun fact: People suffering from degenerative diseases don't make great fodder for cute pop-ups during award shows. E! learned this the hard way when they aired the "fun fact" during the Golden Globes red carpet pre-show that Michael J. Fox was diagnosed with Parkinson's disease in 1991. Twitter immediately blew up

with users furious that the channel would make light of the actor's longtime struggle with the disease, mostly because the wording was just so bad. That Fox was diagnosed with the disease in 1991 was indeed a fact. In no way is it fun. The network quickly realized their error (due to, you know, all those angry tweets flying

their way) and issued an apology to the actor, stating that they "understand the serious nature of the disease and sincerely apologize." Such is the new media landscape: say whatever the hell you want now — apologize later. Fox, who seems like a pretty genial, standup guy, likely accepted their apology.

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Canadian Heritage Patrimoine canadien

## Ke\$ha tried to make mom go to rehab and she said yes, yes, yes



Prince

## Purple Rain pop star to make post-Bowl cameo on New Girl

Fox's post-Super Bowl party will include Prince making a guest appearance on the comedy New Girl.

In an episode of the show that will air directly after the big game next month, Zooey Deschanel's character is invited to a mansion party hosted by Prince — and her friends are determined to crash.

Fox will also air an episode of Brooklyn Nine-Nine that night after New Girl, with the show fresh off its Golden Globe award for best comedy. The Super Bowl is traditionally the most-watched television event of the year, so the time slots after it are considered prime real estate.

THE ASSOCIATED PRESS



Ke\$ha

The family that rehabilitates together stays together, it would seem, as singer Ke\$ha's mother, Pebe Sebert, has checked herself into the same rehab facility as her daughter, according to People magazine. "I'm checking myself into Timberline Knolls today for post-traumatic stress disorder, at Ke\$ha's urging," she tells the magazine. Ke\$ha checked into the facility earlier this month to cope with an eating disorder.



# HIMYM star smiles it forward

**Alyson Hannigan.**  
The *How I Met Your Mother* actress talks to Metro about some of the surprises that parenting brings

**EMILY  
LAURENCE**  
Metro World News

*How I Met Your Mother* star Alyson Hannigan freaked out when her oldest daughter — Satyana, now 4 — started teething.

"I had no idea what was wrong," she tells Metro. "She was just crying all the time and miserable. I took her to the pediatrician and he literally told me all I had to do was give her some Tylenol and it would take her pain away. It was that easy."

It's part of the reason why she teamed up with the medicine brand for Smiling It Forward. Parents can upload a photo of their little one to SmilingItForward.com, and for each photo uploaded Tylenol will donate \$1 to the Children's Health Fund, a national nonprofit that gives free health care to kids who need it.

We talked to Hannigan about some of the other surprises — besides teething — parenting brings.

**You have two daughters, Satyana, 4, and Keeva, 1. What is Satyana into now?**

She loves it when I read to her. The girls have gotten to the point where they play together, which is so heartwarming. Sati also picks out all her own clothes, which



**How I Met Your Mother's Alyson Hannigan with daughters Keeva, 1, and Satyana, 4. CONTRIBUTED**

[are] very colourful.

**That must be interesting.**

It's always very interesting and very bright. She's pretty disappointed if I wear black. I finally got away with it by saying, "You know sweetie,

black is all the colours — I'm wearing them all!"

**Who do you go to and trade parenting advice with?**

I talk to the other moms at my daughter's school and my

best friend, Pamela Fryman, who is the director of *How I Met Your Mother*. She's a fantastic mom. Her daughters were 12 when I met them and now they're 21. I'm always asking her for advice.

**Which one of your co-stars**

**is the best with kids?**

Cobie [Smulders] is unbelievable. She's really fun and the kids fall for her. Jason [Segel] is sort of scared of babies, but he's good. He's just scared of touching them. He likes to keep his distance, but he's really good with them.

## The top 5 health trends of 2014

MICHELLE CASTILLO METRO WORLD NEWS

### Better 3D printed organs

3D printers provide many options, especially for doctors. With the shortage of organ donations, being able to custom print organs for patients not only will give them a longer life but limit the chance of rejection.

### Rise of CrossFit and conditioning programs

The global recession has forced people to cut their budgets, so cheaper ways to work out are in demand. While CrossFit and other strength and condition programs require some equipment, they don't require expensive devices or many classes before you learn the basics of the routine.

### More understanding about autism

Autism spectrum diseases (ASDs) are developmental disorders affecting up to one in 50 school-aged children in the U.S., according to government estimates. Recent studies suggest the disease may have some roots in the autoimmune system, which should provide more answers on how to treat it.

### Breast cancer awareness

Last year, Angelina Jolie revealed she had the BRCA gene that made it more likely for her to develop breast cancer. The genetic link influenced her decision to have a preventative mastectomy, a controversial decision since it isn't guaranteed that she would get the disease. Expect more studies to reveal more about this gene.

### Progress in AIDS research and a 'cure' for HIV

Some people claim to have been "cured" of HIV, either by bone marrow transplants or through rigorous drug treatments shortly after birth. Now that we have a better understanding of the virus, there may potentially be a cure for more people in the near future.

3  
LIFE

# Almond Flour Brownies get Paleo-friendly makeover

**THERESA ALBERT**  
myfriendinfood.com

## FLASH FOOD



From your fridge to your table in 30 minutes or less

This is a Paleo-friendly, low glycemic, high nutrient and easy to make and delicious twist on the classic.

If you wish to dress it up, simply melt some extra chocolate and drizzle on top.

1. Butter an 8-inch square baking dish and preheat oven to 350 F.

2. In a glass bowl, melt butter and chocolate in microwave for a minute or two, allow to cool.

3. Whisk in molasses, eggs, vanilla, salt, cinnamon, baking soda, almond flour and



This recipe serves 12. COURTESY THERESA ALBERT

cocoa powder. Pour into pan.

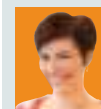
4. Bake for about 22 - 25 minutes just until edges begin to set. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

### Ingredients

- 1/2 cup butter
- 2 oz semi sweet chocolate
- 2 tbsp molasses
- 2 large eggs
- 1/2 tsp vanilla
- Pinch salt
- 1 tsp cinnamon
- 1/4 tsp baking soda
- 1/2 cup + 3 tbsp almond flour
- 2 tbsp pure cocoa powder

### Health Solutions

## A flour substitute — with a warning



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Seems like everyone is going Paleo, low carb or gluten free these days and alternative flours are springing up.

Almond flour is a popular one but you need to know that it has twice the calories of wheat flour, most of it from fat.

In addition, you can't just swap out almond flour in your recipes. It doesn't have the same consistency or the ability to hold water that other flours have. So, you need to start from scratch.

Here are some reasons that searching out almond flour

recipes may be a good idea for you (or on occasion).

• Almond flour contains more protein than wheat flour, and has no gluten.

• Almond flour contributes twice the potassium and six times more calcium than wheat flour.

• One ounce of almond flour provides 35 per cent of your vitamin E needs for the day. Wheat flour? One per cent.

If you are on a weight loss journey, you will want to think carefully about using almond flour, but if you are up for the added calories, you will also

benefit from added nutrients. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



# Find a big glass of milk and dunk away

When these easy-to-make cookies are still warm (or if they aren't, put them in the microwave for a few seconds), make a cookie sandwich using a spoon of ice cream.

1. Preheat oven to 375 F (190 C). Butter large baking sheets or line with parchment paper.

2. In a large bowl, using an electric mixer, beat butter, both brown and granulated sugars and vanilla until fluffy. Beat in egg. Add flour, baking soda and milk and stir with a wooden spoon until blended. Stir in chocolate chips.

3. Drop by heaping tablespoonfuls (15 ml) onto prepared baking sheets, at least 3 inches (7.5 cm) apart.

4. Bake, one sheet at a time,



It's never too cold for ice cream. So, go ahead, sandwich some between your batch of 24 cookies. THE CANADIAN PRESS

for 10 to 15 min or until golden around the edges and set in the centre. Let cool on sheets for 2 min, then transfer to racks

to cool. **THE CANADIAN PRESS/ ANDREW CAMPBELL OF BELLSON FARMS IN STRATHROY, ONTARIO/ DAIRY FARMERS OF CANADA (MILKCALENDAR.CA)**

### Ingredients

- 1/2 cup (125 ml) butter, softened
- 1/2 cup (125 ml) packed brown sugar
- 1/4 cup (60 ml) granulated sugar
- 1/2 tsp vanilla
- 1 egg
- 1-1/2 cups (375 ml) all-purpose flour
- 1/2 tsp (2 ml) baking soda
- 1/2 cup (125 ml) milk
- 1-2 cups (250 - 500 ml) chocolate chips

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# MAKING ROOTS NURTURES CHILDREN

Finding a childcare program you trust can be a challenge. Finding one that provides a nurturing, stimulating and constructive environment for your child can seem daunting. Securing child care can be a major source of stress for parents.

Making Roots Montessori Centre provides a holistic, nurturing, and authentic Montessori environment and so much more for children aged two to five. Making Roots is founded on the principles of

Dr. Maria Montessori and was established by two Winnipeg moms and educators who struggled to find exemplary child care for their own children.

Your child will experience an enriched program that encourages self-discovery, respect of self and others, low teacher-child ratios and plenty of learning by doing. Utilizing the six Montessori classroom areas including practical life, sensorial, language, math, science and culture, art and Orff music,

as well as French instruction and a My Gym program, children learn at their own pace and achievement is fostered.

Making Roots is staffed by Montessori-trained educators who deliver an exceptional and authentic early childhood educational program that nurtures success. You are invited to an open house Feb. 8 from 11 a.m. to 2 p.m. at 660 Elizabeth Rd. Teachers will be present to meet with parents and answer questions.

## DEVELOP LEARNING SKILLS AT ST. CHARLES

If children are like sponges, soaking up knowledge at incredible rates, it only makes sense to try to teach them as much as possible at a younger age.

The St. Charles Catholic School's kindergarten program gives young children a chance to develop the learning skills needed for elementary school through all-day kindergarten.

"It is the consistence in everyday learning where you can really start to see the growth in the children," says Athena

Retalis, one of two kindergarten teachers at St. Charles.

Retalis says because of the way the program is structured, students are reading and writing by the time they enter Grade 1. These kindergarten students also have the privilege of taking gym, music, and French from area specialists.

"I really like the pace of learning my child gets," says Darcie Munday, mother of three, with one child in the kindergarten program.

She is also impressed by the variety of before- and after-school care programs, such as martial arts, cooking, Mad Science, curling and drama.

"It is so convenient because it is through the school and the kids are already there, so it makes planning easy," Munday says.

St. Charles also offers enrichment programs that include a learn-to-skate program at the MTS IcePlex and a choral/instrumental music program. Everyone is invited to attend the Kinder Open House Jan 28.



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**When they can't be with you,  
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Come and meet our team of Montessori trained teachers and discover the program that for over 100 years has been delivering exceptional early childhood education and encouraging children to develop, learn and succeed at their own pace.

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# ROBERTSON PROGRAM EXPLORES MARKETING

This year, study to become a valued member of any marketing team by enrolling in Robertson College's new business administration: Internet marketing specialist program.

This 39-week program explores sales, marketing and project management concepts in how they can be employed and maximized in the web environment.

"Marketing jobs that require online skills are numerous and expanding," says Michael Stebbins, CEO, Market Motive. "Of the tens of thousands of marketing jobs available in Canada, an increasingly large percentage of them — now around 70 per cent — call for online marketing skills. Market Motive is proud to partner with institutions like Robertson College, helping equip graduates with the in-demand skills that launch them into successful careers."

Globally recognized certifications through Market Motive and OMCP are the golden keys to this ever-expanding industry.

This program explores specific skill areas, including search engine optimization, web analytics, conversion optimization,

## STUDENT SUCCESS

Robertson College is invested in the success of its students.

Aside from assisting students with practicums, Robertson's career services will work with students to help with starting their careers, either right after graduation, or 25 years down the road.

Robertson College post-grads boast a 89 per cent employment rate.

tion, and marketing through social media.

At the end of the program, each student will be placed in a six-week practicum so they may put their newly acquired marketing and Internet skills to work in a real-world environment.

When possible, Robertson tries to arrange practicums with companies that already have job openings as to improve the chances of each student obtaining employment upon completion of their program.

Upon completing the program, Internet



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sales and marketing grads may secure jobs in marketing agencies, corporate marketing departments, non-profit organizations, government, as well as self-employment.

The growing trend in web-based marketing means growth in Internet-based employ-

ment opportunities, not just in Winnipeg, but around the world and Robertson's program could be just the stepping stone you are looking for into a new, exciting career.

For more about this program, visit [robertsoncollege.com](http://robertsoncollege.com).

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**Michael Stebbins** | CEO, Market Motive

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# MBCI CAN HELP YOU ACHIEVE SUCCESS

At the Mennonite Brethren Collegiate Institute (MBCI), it is not always about teaching students about how to succeed in their educational career, but how to succeed in life.

For Kalena Schulz, who has attended MBCI since Grade 6 and will be graduating this spring, attending MBCI was more than just finding a good school that would prepare her for a post-secondary education.

"I like how we learn a more holistic approach to life, and I learn more about God everyday," Schulz says. "But more than that, it creates a certain atmosphere throughout the school, and I know that if I ever have a problem academically or in my personal life, there will always be someone there to listen and help me if they can."

For Schulz, MBCI's reputation for its music, athletics and academics was another reason she was drawn to the school and says MBCI has pushed her to excel in everything she does.

"Through this I have learned that I can achieve anything if I try my hard-



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est, and a post-secondary education is possible with the strong work ethic that I have been taught," Schulz says. "I would

recommend MBCI to others because they have so many strong programs for people with a variety of different interests to get

involved in."

While students like Schulz find MBCI a great place to receive an education, teachers like Brian Plett find MBCI a great place to teach.

"MBCI is a very special place," Plett says. "Most MBCI students know that their teachers have a deep, personal interest in their well-being beyond their academic achievements."

He adds that MBCI teachers are committed to helping students experience education outside the classroom in the real world. They engage their students in activities outside the classroom and devote large amounts of time to nurture student learning, to expand the world view of their students and to make learning "real-life."

"As a teacher here at MBCI I know that I am committed to giving my students the best possible experience they can have in school," Plett says. "I know that I have a host of colleagues who feel the same way."

For more information about MBCI, visit [mbci.mb.ca](http://mbci.mb.ca).

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# CHANGING OF THE GUARD

After 26 years of dedicated service to Herzing College, Bill Riches, president of the college, will be stepping down.

Throughout his years as president, Riches was well respected and liked among staff, students and colleagues.

So much so that the most recent student satisfaction survey (January 2013) stated that 99 per cent of students responded that they would recommend Herzing to a friend, speaking volumes to the work that Riches achieved as president.

During his time as president, Herzing was also awarded the Advancing Marketplace Trust Award, presented by the Better Business Bureau, for four consecutive years. This award was presented to Herzing College for practising extremely high ethical standards and is the single most prestigious honour the Better Business Bureau can bestow on the Manitoba business community.

Riches's favourite phrase was "let's create memories," and his work did just that.

While staff and students are sad to see Riches leave his post as president, Herzing is pleased to welcome Kerry Swanson, who will be ushered in as the new president.

Swanson brings 25 years of experience in all phases of organizational management, and is well recognized in the business community for his ability to develop specialized stratagems, education/training programs, operations/logistics processes, and sales/marketing methods.

Most recently, Swanson occupied the position of freight national manager for Purolator, a leading logistics organization in Canada. He also served as area manager for Drake International, a leader in human resource service.

Swanson's business acumen includes expertise in operations, manufacturing and logistics, client relations, and sales management.

Herzing is confident Swanson will aptly fulfil his responsibilities and continue the great tradition and culture of exceptional service to Winnipeg students, staff and community.

Herzing is excited to welcome Swanson to the Herzing College campus leadership team and look forward to creating new memories under his leadership.

To learn more about Herzing College and its programs, visit [herzing.ca](http://herzing.ca).



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# CREATE THE PERFECT INTERIOR DESIGNS

## RED RIVER COLLEGE

Create show-stopping rooms worthy of gracing the cover of any design magazine or home decorating show when you enrol in one of Red River College's decorating programs or courses.

"Transforming rooms and living spaces may look easy, but understanding design principles, the use of colour, function, and quality leads to makeovers that are beyond the ordinary," says Margaret Braid, program manager for the applied arts and communication, school of continuing education at Red River College.

"And, while the television shows are often based on decluttering, the residential decoration program teaches students how to create the perfect design for rooms in the design phase, not just makeovers."

Red River College offers a full-time, four-month in-class residential decorating program twice a year and part-time learning opportunities through evening and weekend courses all year long.

Students learn how to design spaces by



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selecting the right furniture, floor coverings, window treatments, wall coverings and lighting.

"Besides skills and knowledge in design, students also learn how to present their work, how to communicate with clients, suppliers, and contractors, and how

to manage projects that are completed on time and within a budget," Braid said.

The school is also offering an optional residential decorating practicum experience this year for the first time.

"The practicum will place selected graduates with local businesses to allow

them additional opportunities to apply their learning," Braid says.

Students will learn from industry professionals.

"Our instructors have many years of experience to share with students to help them enter the real world of residential decorating, an exciting and constantly growing industry," Braid says.

Braid says the retail, real estate and commercial design industries are looking for professional residential decorating staff to contribute to and showcase their businesses.

"Today's residential decorators also must be able to adapt, innovate and keep up-to-date with the newest residential trends," Braid says.

Red River College also offers a number of short courses of special interest on specific decorating topics such as kitchen decor, window treatments, staging your home, decorating for the seasons, decorating software applications, outdoor living decor, and many more.

For more information about any of these courses, visit [rrc.ca/dec/](http://rrc.ca/dec/).



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# MASTER MASSAGE BASICS AT WORKSHOP

While a career in massage therapy can be a challenging and rewarding career, for those who are not ready to take the leap into a full-time program, Wellington College is offering the intro to massage Workshop Feb. 9 from 9 a.m. to 4 p.m.

"This workshop is open to people of the public who are interested in starting a career in massage therapy but want to learn a few basics to get an idea for the profession, or people who just want to learn how to give a great massage to friends and family," says Brie Timings, spokesperson for Wellington College.

This workshop is available to the public and no experience is necessary.

It is aimed at those who are looking at starting a career in massage therapy but are unsure if they are ready to enrol in the program.

This workshop will provide participants with the skills and techniques needed to give a massage in both a

## REGISTRATION INFO

The cost of the workshop is \$75, plus GST and must be paid for upon registration. Register for the workshop by calling 204-957-2402, or by stop by the college Monday to Friday, between 8 a.m. and 5 p.m. All standard payment methods are accepted.

sitting and lying down position. They will learn to massage the back, neck, shoulders, head, hands and feet.

"Massage affects all muscles, all circulation systems and nerves while promoting health and well-being," Timings says. "The objective of the workshop is to allow individuals to be confident in their approach and understanding of what they are doing and by the end of the day be confident to perform a basic body massage for family and friends."



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Throughout the workshop, all individuals will give and receive a massage to understand both sides of the therapy.

A comprehensive PowerPoint presentation will be given to take home and

each individual will receive a certificate of attendance.

For more information about the workshop and Wellington College, visit [wellingtoncollege.com](http://wellingtoncollege.com).



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# EXPLORE A VARIETY OF INTERESTS

## AT WINNIPEG TECH OPEN HOUSE FEB. 13

If your goal for the new year was to head back to school, be sure to check out the Winnipeg Technical College annual open house on Feb. 13.

This event will take place from 9 a.m. to 8 p.m. and will showcase more than 17 programs for individuals with a variety of interests.

“Whether you are just searching for that first career choice or looking to change career paths, WTC has a program that can help you reach your goal,” says Rae-Lynn Rempel, manager marketing and communications, Winnipeg Technical College. “The WTC advantage is that many of our programs link to other colleges and universities, allowing you to take that one step further down your career path.”

Since the college’s opening in 1985, WTC has been educating Manitoba students in their chosen career path through

full- and part-time programs that lead to certification or accreditation in skilled trades, health care, human services, and business and information technology.

Prospective students will also get a chance to try one of the many hands-on activities or sample one of the many food creations by the culinary arts and design students while touring the new state-of-the-art culinary arts and design teaching lab.

For those who attend the open house, a voucher will be provided that will waive the \$65 application fee should they wish to register within the next month.

Representatives will be on-site from partnership organizations, including the University of Winnipeg, Manitoba Motor Dealers Association, and Manitoba Construction Council educational paths.

Registration for the open house is not necessary, but if you are coming with a group, register for your own campus tour, or choose to explore the campus on your own with a campus map.

Scheduled tour times will be listed on WTC’s website at [wtc.mb.ca](http://wtc.mb.ca).



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WINNIPEG TECHNICAL COLLEGE 

## Open House

New Programs. New Partners. New Future.

Thursday, February 13, 2014

9:00 am to 8:00 pm

Discover WTC’s vision and the future of  
Education for Employment.

Open Campuses:

Fultz Campus - 7 Fultz Boulevard

Henlow Campus - 130 Henlow Bay

Pembina Campus - 1551 Pembina Hwy

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New head coach Paul Maurice watches a drill during his first practice with the Jets in Winnipeg on Monday. JOHN WOODS/THE CANADIAN PRESS

# Maurice's No. 1 job: build defence

**First practice.** Jets new coach felt short on the ice, says "it's a really, really nice feeling"

The Winnipeg Jets have a new coach on a short-term deal who knows he has a long-term project on his plate.

"We've got our challenges," Paul Maurice said after taking in his first practice with the team Monday morning.

The veteran coach of more than 1,000 NHL games, who

## Jets who bite

**"You know, the underdog team that at the very least fights like a dog."** Jets coach Paul Maurice explaining how building confidence in a game his players can understand is his primary goal.

took the Carolina Hurricanes to a Stanley Cup final in 2002, sees a lot of potential in the Jets.

"Youth, size and speed is the easiest way for me to sum that up. I like some of the pieces and some of the parts."

The size was apparent when he stepped on the ice with the team at the MTS Centre.

"This is the first time that I've ever as a coach felt short and that's a really, really nice feeling," he said, as he met with reporters for the first time since arriving in Winnipeg after Claude Noel's firing Sunday.

For two and a half years, Noel tried to inject a more responsible, defensive gene into the Jets. Now it's Maurice's turn

and he agreed that seems to be what's missing.

"My concerns are — and you should never introduce a negative but I'll get to this now — getting them to play a game that has a defensive component in it. That, for those players that have been here a long time, they haven't done it."

He says it's his job to find a way to get players to buy into a system they can play that will help get them out of a slump that is sapping their confidence and building frustration. They have the skills, he suggests.

THE CANADIAN PRESS

## NHL. Jets fly high with fresh start against Coyotes



The Jets celebrate Blake Wheeler's second-period goal during their 5-1 win over the Phoenix Coyotes on Monday night at MTS Centre. MARIANNE HELM/GETTY IMAGES

The Winnipeg Jets found the energy they've lacked for weeks with a new coach on the bench and snapped a five-game losing streak by overwhelming the Phoenix Coyotes 5-1 on Monday night.

Olli Jokinen, Eric O'Dell, Blake Wheeler, Michael Frolik and Devin Setoguchi scored for the Jets (20-23-5), who outshot the Coyotes 38-19.

Oliver Ekman-Larsson scored for Phoenix (21-15-9) but it was the only shot On-

drej Pavelec would let in.

Fans didn't even wait until the game started to show how they felt about the coaching change. Paul Maurice got his first cheer during the national anthem when his face showed on the scoreboard.

He took over after Claude Noel was sacked Sunday, ending his two and a half years as the first coach of the Jets following the Thrashers move from Atlanta and name change. THE CANADIAN PRESS

## Substance abuse

### Rodriguez sues MLB over season-long suspension

Alex Rodriguez sued Major League Baseball and its players' union Monday, seeking to overturn a season-long suspension imposed by an arbitrator who ruled there was "clear and convincing evidence" he used three banned substances and twice tried to obstruct the sport's drug investigation.

Rodriguez asked for the court to find MLB violated its agreements with the union, that the union breached its duty to represent him and to throw out arbitrator Fredric Horowitz's decision.

THE ASSOCIATED PRESS

## NFL

### Broncos' Harris Jr. out of playoffs

Denver Broncos cornerback Chris Harris Jr. is out for the rest of the playoffs after an MRI on Monday revealed a torn ACL in his left knee.

Harris was injured in the third quarter of Denver's 24-17 win over San Diego in the AFC Divisional round Sunday. THE ASSOCIATED PRESS

## World soccer

### Ronaldo takes the Ballon d'Or

Cristiano Ronaldo has won the FIFA Ballon d'Or award for 2013, ending Lionel Messi's four-year run as the world's best player.

Ronaldo scored 69 goals for Real Madrid and Portugal last year, and his stunning hat trick against Sweden in a decisive World Cup playoff was perhaps the defining individual performance.

THE ASSOCIATED PRESS

## Tennis

### Raonic advances in Melbourne

Milos Raonic began his Australian Open with a 7-6 (2), 6-1, 4-6, 6-2 defeat of Spain's Daniel Gimeno-Traver on Tuesday to reach the second round in sweltering temperatures.

Raonic, the 11th seed from Thornhill, Ont., was tested for nearly two and a half hours in the demanding heat that hovered just above 40 C.

THE CANADIAN PRESS



## Horoscopes

### Aries

March 21 - April 20

Take time out of your schedule to think about what you're doing and where you're going. That applies to all areas of your life but especially to your career. Are you doing what you dreamed you'd be doing?

### Taurus

April 21 - May 21

Over the next few days it will feel like better days are coming. They probably won't arrive for a few weeks yet but because you know they are on their way, start making big plans.

### Gemini

May 22 - June 21

You will be even more assertive than usual today, and that's good. But don't be so assertive that you scare people away. The way to win others over is to persuade them with facts.

### Cancer

June 22 - July 23

Think before you act over the next 24 hours, especially if your actions are likely to affect other people. Cosmic activity in your opposite sign of Capricorn means what you do to others will come back to you tenfold.

### Leo

July 24 - Aug. 23

It might be a smart idea to start thinking of ways you can make your routines simpler and your chores less of a burden. One way, of course, is to get others to do them for you.

### Virgo

Aug. 24 - Sept. 23

The pace of life will pick up over the next few days. This is still one of the most creative and productive times of the year for you, so stop thinking about what you might accomplish and actually do it.

### Libra

Sept. 24 - Oct. 23

You will hear something today that does not fill you with joy but it's not as bad as you think. It may even be the forerunner of good news over the longer term, so don't despair.

### Scorpio

Oct. 24 - Nov. 22

You will push yourself over the next few days, but will you push in the right direction? That remains to be seen. Just make sure you don't push past someone in a position of power. They won't like it.

### Sagittarius

Nov. 23 - Dec. 21

You may spend too much over the next few days but if you spend it on others, it won't be so bad. You are a generous soul and like to see loved ones enjoy themselves. Don't bankrupt yourself though.

### Capricorn

Dec. 22 - Jan. 20

It's good that you know your mind but you need to make sure those you live and work with know it too. Spell out what you expect of them and you will get it before the Sun leaves your sign on the 20th.

### Aquarius

Jan. 21 - Feb. 19

You can be too suspicious and as the Sun moves through the most secretive area of your chart, you must not let the distrustful side of your nature take control. In the long-term, you're the one who will suffer.

### Pisces

Feb. 20 - March 20

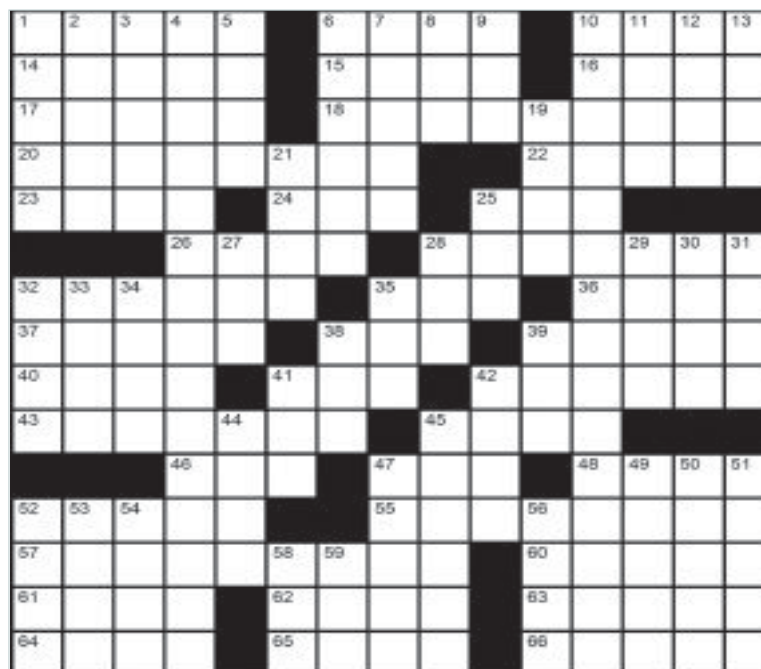
Try not to come on too strong today or you may scare away the people you most need. Not everyone wants to change the world. Respect that fact.

SALLY BROMPTON

## Crossword: Canada Across and Down

### Across

1. Fedora borders
6. Pitcher
10. \_\_\_ au lait
14. Till again
15. Amble
16. "I \_\_\_ a loss for words."
17. Tequila plant source
18. Band for Randy Bachman: 2 wds.
20. Canadian show of 1998 to 2005, "\_\_\_ Inquest"
22. \_\_\_ whale
23. General Robert \_\_\_
24. Ump's call!
25. Container
26. E-Mail advertising
28. "The Big Bang Theory" star Johnny
32. Like an air mattress in the pool
35. Joke
36. Beep!
37. Stuff between tiles
38. Pixie
39. "\_\_\_ ready to back down..." - Dixie Chicks
40. Garner
41. Pickering's prov.
42. Gruesome
43. Hamilton tourist attraction, \_\_\_ Castle
45. Ms. Stefani
46. Dining room feature, for short
47. Weep
48. They're electrically



- charged
52. Cognizant
55. Country music legend from Nova Scotia (b.1914 - d.1999): 2 wds.
57. Limit of \$\$\$ teams pay players in sports: 2 wds.
60. Functional
61. Writer Mr. Waugh
62. VP part

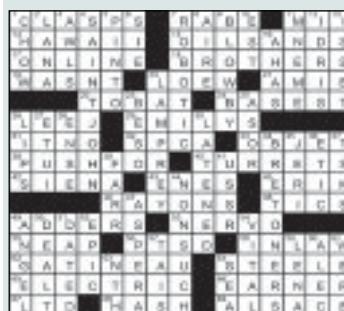
63. Summary
  64. Glance
  65. Prescriptions, commonly
  66. Celebrating 50 Years: \_\_\_ University in Peterborough, Ont.
- Down**
1. English composer, William \_\_\_
  2. Like Queen Elizabeth

3. "That's all that \_\_\_." (There's no more)
4. 'Footloose' or 'Saturday Night Fever': 2 wds.
5. Visible
6. Atomic Number 68
7. Brooklyn Bridge tune: "\_\_\_ That Could Happen"
8. Ms. Longoria

9. Jesse Jackson's title, for short
10. Member of Prime Minister Harper's team: 2 wds.
11. Prayer-ender
12. "Columbo" star Peter
13. 'Bachelor' suffix
19. Actor Mr. Jennings
21. Paint layer

25. Purse
27. Butter portion
28. Casual clothing retailer
29. Jailbirds
30. \_\_\_ & The Gang
31. \_\_\_-bitty
32. Like fine wine
33. Married woman's title in Germany
34. Forsaken
35. Intl. clock standard
38. Traveller's lodging
39. Anger
41. NBA's Magic team, on scoreboards
42. Ms. Paltrow, to pals
44. Prefix for things that are excellent
45. Don Cherry's nickname
47. Actor Mr. Crawford
49. Chilled: 2 wds.
50. Baseball great Mr. Ryan
51. What Cinderella did pre-Prince
52. Business world's 'fast'
53. Corduroy line
54. Helm position
56. Mr. Russell
58. Vancouver International Airport's code
59. Gladiator's 109

## Yesterday's Crossword

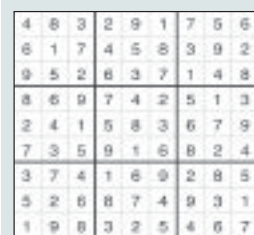


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku



## Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 5°  
MIN: -5°



MAX: 9°  
MIN: 6°



MAX: 1°  
MIN: -7°



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